





Weight Room

Hours of Operation

Weight Room Fees

Group Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ZUMBA Julie 480-0445 <u>9:15-10:15</u> STRENGTH TRAIN Becky 286-1440 <u>10:30-11:30</u> <hr/> TA'I CHI CHIH Beverly 281-3515 <u>1:30pm-2:30pm</u> <hr/> INDOOR CYCLING Becky 286-1440 <u>5:45pm-6:45pm</u> ZUMBA Marian 286-1702 <u>6pm-7pm</u>	FLOW YOGA Marie-Aude 407-4020 <u>9:00-10:00</u> THERAPEUTIC YOGA Marie-Aude 407-4020 <u>10:30-11:30</u>  <hr/> KARATE John Swenson 307-8212 5-7 yrs 4:15-5pm 8-12yrs 5-5:45pm <u>Adult 6:30-7:50pm</u>	ZUMBA Julie 480-0445 <u>9:15-10:15</u> STRENGTH EXPRESS Becky 286-1440 <u>10:30-11:00am</u> CARDIO EXPRESS Becky 286-1440 <u>10:30-11:00am</u> <hr/> CYCLING/ STRENGTH Becky 286-1440 <u>5:45pm-6:45pm</u>	FLOW YOGA Marie-Aude 407-4020 <u>9:00-10:00</u> <hr/> FIT AND 50/ STRENGTH Becky 286-1440 <u>10:30-11:30</u> <hr/> KARATE John Swenson 307-8212 5-7 yrs 4:15-5pm 8-12yrs 5-5:45pm <u>Adult 6:30-7:50pm</u>	ZUMBA Julie 480-0445 <u>9:15-10:15</u> CYCLING/ STRENGTH Becky 286-1440 <u>10:30-11:30am</u> 	ZUMBA Marian 286-1702 <u>10:10-11:10</u>

**For Introduction to the Weight room classes (\$15 per person) or for personal training, please contact
Becky Mac Gregor @ 286-1440.**